

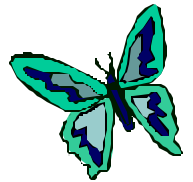


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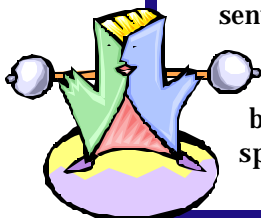


Spring 2001

A Sporting Chance

The National Youth Sports Safety Foundation, Inc., (NYSSF) has some tips for athletes. The most important thing is to HAVE FUN! Remember youth sports are only a game designed for your enjoyment. Play to please yourself and have a good time. Learning how to play the game is more important than winning and losing. Some children grow faster than others and some have better coordination earlier than others. Everyone catches up eventually. Be patient. Who you are as a person does not depend on your wins and losses. Treat other athletes and your coaches with respect. Everyone is trying their hardest. Honor the rules of the game. Be a good sport, and support your teammates.

NYSSF has a SPORT PARENT CODE OF CONDUCT FLYER. It behooves all of us who are parents to use these guidelines as an activity of daily living. The Preamble states: The essential elements of character building and ethics in sports are embodied in the concept of sportsmanship and six



Continued on page 4.

Mensa Mensch

Two avid runners competed over a 12-mile course, 6 miles uphill and 6 miles down. Fast & Steady ran 6 mph both up and down; Fitz & Startz ran 3 mph uphill and 12 mph downhill. Who won? (answer: Fast & Steady.) The winner took two hours at 6 mph; the loser took two hours uphill and half an hour down.)

Multiply the number of events in a triathlon by the number of original colonies in the USA and divide by the number of cards in a bridge deck suit. (Answer: $3 \times 3 \text{ (events)} \times 13 \text{ (states)} = 39 \text{ divided by } 13 \text{ (cards)}$).



First Person Profiles

Eileen Goff has a story to tell.

It all began in the winter of 1978 when I was handed my first pair of long, slender cross-country skis. I had recently read an article about Ski For Light (SFL) and wondered if I could learn to ski. To the dismay of my family and friends, I left my Bergen County home and traveled to the Black Hills of South Dakota for what was to become a wonderful adventure. SFL is an international program where able-bodied and disabled skiers become partners for a week of cross-country skiing in various regions of the United States. Although visually impaired for many years, I had never before participated in any programs for people with disabilities.

Following that initial magical week I had opportunities to ski in New England, Northern California, Minnesota, Wisconsin and the mountains of Norway, to name a few. Through SFL I have met so many interesting people who are involved in exciting activities that I was intrigued to broaden my own leisure time opportunities.

For more than two decades I have enjoyed numerous activities that have expanded my life. There were the airborne events, which included a glider plane, blimp, hot air balloon and an exciting ultralight flight. I also had fun trying my hand *Continued on page 4.*

Keep your face to the sunshine and you cannot see the shadows - Helen Keller, Educator



The World of Play

Anyone who has ever given a child an expensive or elaborate toy has had the following experience: after a few minutes playing with the toy, the child becomes engrossed in playing happily with the box, the tissue/wrapping paper, and the bow. Engagement with even these ordinary objects of everyday life can provide endless hours of fun and stimulation. The child must use imagination to invent games, and can develop manual dexterity and receive sensory input through manipulation of these materials.



As professionals and parents, we know children and their interaction with toys are studied to determine their motor learning, sensory stimulation, cognitive challenge, and social interaction possibilities.

Play is the child's natural way of learning by exploring the environment, testing capabilities, reinforcing skills, and trying out new behaviors. All children, even those with limitations, are curious and self-motivated about exploring their world through play. Guidance in their play activities will help them to move toward developing their maximum potential. Play periods do not have to be long to be valuable, nor do adaptations have to be complicated. For example, a simple position change, so that a child can easily hold a toy, may be all the help needed from the adult or playmate. The play's the thing.

Some sensory skill activities could include the following: The hide and find box. Fill any

size box with beans, rice, small, uncooked pasta, or other materials, and hide various objects inside for the child to find. Anything such as plastic animals, blocks of different shapes, and small toys would be appropriate. Note that the materials used need to be replaced frequently to maintain cleanliness.

Play dough activities can increase or improve tactile discrimination and visual regard, as well as introduce the use of preschool tools such as scissors and rolling pins. An important emotional and cognitive lesson is that objects broken, squeezed, torn or pulled apart, or cut, are not always destroyed, but are often changed into something new.

Games with bubbles can include counting the bubbles, chasing them, breaking them between the fingers, stomping on them, and trying to predict which ones will float the highest, the farthest, or last the longest. Bubble blowing, catching, and stomping help a child improve visual tracking, coordination of the two sides of the body, and eye-foot control. The cognitive aspects of counting and predicting the future path or fate of the individual bubbles present an ever-changing challenge to help develop thinking skills.

Gross motor activities can include ball games. They can include activities such as catching, throwing, bouncing, or rolling balls of varying sizes, weights, and textures, alone or in groups, sitting or standing, with one or both hands. Balls can be made by placing rice or beans inside socks, and tossing the beanbags into containers to add sensory stimulation and texture to the activity. Fishing games can be purchased or made at home by cutting out differently shaped fish, birds, etc., and attaching a paper clip to each one. Help the child to catch the objects with a fishing rod made from a magnet on a string tied to a stick. The child can sit or stand to develop eye-hand coordination, postural and muscle control, and the ability to do motor planning when reach-

Building Blocks

A comprehensive website for a wealth of information regarding early childhood development is www.earlychildhood.com. It includes activities and curricula for infants through school age kids. Also included are topics on Arts and Crafts, Reading Center, Child Care Central, Idea Sharing and related links. New to the site is ROOTS & SHOOTS for YOUNG CHILDREN, a program from the Jane Goodall Institute (JGI). It emphasizes care and concern for animals, the community and the environment; all designed for children aged 2-8. Through the year, you will receive curriculum-based activities and storytelling episodes. To join, visit the JGI at www.janegoodall.org. Earlychildhood.com's telephone number is (800) 627-2829.



Continued on page 4.

Cool Stuff



WeMedia is an internet site that provides a wealth of information. There are kids games that teach and make discovery fun. Learn some sign language, make music, fly a virtual kite and make pictures come alive. All these can be done at this site. Color time shows you how to add color to clowns and ice cream cones on the computer screen. In the Funhouse you will encounter a Slippery Slide, a Jungle Maze and a strange Mystery Door. At Grandpa's House, when you find things on the errand search, you will win the game and get to go swimming with your friends. www.wemedia.com.

Hit the Links

To teach kids the game of golf, use fundamentals without making them work. Keep the fun in fundamentals. Use minimal technical instruction, plenty of images, and be encouraging. If you tell the child to grip the club so the Vs point to their right shoulder, they're not going to get it. But, if you draw a smiley face on their left hand and tell them to grip the club so the face appears, they will understand. Games can be fun. Kids generally love to compete against one another. Not only does this build golf skills, but it also teaches them etiquette and the importance of fair play and good sportsmanship.

Some games you might play are A Drop in the Bucket, Around the World, and Happy Gilmore. A Drop in the Bucket: Set up some large, brightly colored buckets and have the kids attempt to hit pitch shots into the buckets from 20 to 30 yards away. Award a prize for landing one inside a bucket. Around the World: On the practice green, have them sink short putts. Once they start sinking two and three footers on a regular basis, take them out to five or six feet and have them play the following game. Begin by having them putt to a 16-ounce soda bottle. After they start hitting the bottle regularly, put it in the hole and place five or six balls in a circle around it. Remove the bottle and have them putt to the hole. Since the bottle is smaller than the hole, once they realize they can hit the bottle with no problem, finding the hole should be much easier. Happy Gilmore: Children love to mimic adults and celebrities, and while Happy's swing is far from ordinary, it does have some redeeming qualities. Named for the slapstick movie starring Adam Sandler, this game teaches kids how to move forward in the golf swing and swing at a pace they can control. Start by standing in the corner of the practice mat and swing the club to the top. From there, move forward until you are in position to hit the ball and swing through to the finish, holding your follow-through position. This is a great drill for developing balance and hand-eye coordination in the swing. For additional information, go to www.golfonline.com.

FYI...

A free catalog of equipment for equestrians with disabilities is available from Freedom Rider. Call (888)-253-8811.

SWIM (Specialized Water Interest Movement) is a free program offered at 7 New Jersey locations. For more information call (908) 685-0040.

The Microsoft Accessibility website provides information about accessible technology to improve the lives of people with disabilities by making computers a positive force in education and recreation. It includes web guidelines, articles & profiles, a free newsletter, documentation, aids, assistance and tips & tricks to name a few information sources. It can be reached through www.wemedia.com.

Witan On The Web

www.agepage.com

www.eparent.com/toys

www.earlychildhood.com

www.golfonline.com

www.iisa.org/gug/whatis1.htm

www.janegoodall.org

www.npnd.org

www.nyssf.org

www.physlink.com

www.skytrekker.com

www.ussailing.org

www.wardrobewagon.com

www.wemedia.com



And the Winners are...

The 22nd Annual Governor's Conference on Recreation for Individuals with Disabilities was held at the Princeton Marriott, Forrestal Village on May 14. The theme for the Conference was Moving the Human Spirit, with workshops that included the Art of Chair Massage; Creative Movement; Inclusive Recreation; Joint Ventures; Music Exploration; Right Brain/Left Brain Implications for Recreation; and Your Child Can Play. There was also a square dance demonstration during the luncheon. Six awards were presented during the luncheon. The categories and winners are as follows. The New Jersey Distinguished Agency Recreation Services Award-Governmental went to the Livingston Recreation & Parks Department, the same award for a non-profit went to the Carteret Specials, and the Private Agency award was given to the Bayshore Fitness & Wellness Center. The Ted Kaplan Exemplary Recreation Team award was presented to the Best Friends Club, run by the Arc of Burlington County. The Alvin Sloodsky Exemplary Recreation Lifestyle for An Individual Award recipient was Jessica Galli; and the Evelyn Aronow Dolan Citizen's Award was presented to Monsignor Emmanuel M. Capozzelli. Our sincere congratulations go to the winners for a job well done.

First Person...continued

at dog sledding in Alaska as well as a one-time encounter with rock climbing which I found very physically demanding. However, my very favorite adventures have been on the water enjoying multi-day canoe trips in the Pine Barrens and a six-day white water rafting trip on the Salmon River in Idaho. Today whenever opportunities permit, I love to hike in the woods with my friends.

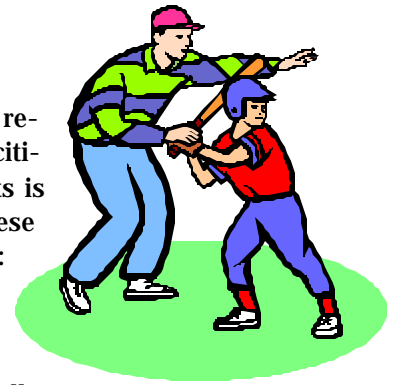
I am not an expert in any of the outdoor activities I have tried, instead I consider myself a person who loves new experiences, and has a sense of adventure. I believe that challenging myself on a personal level in my leisure time has been extremely beneficial in every aspect of my life – AND I HOPE IT NEVER ENDS!

(Eileen Goff is Executive Director of Heightened Independence & Progress, (HIP), a Center for Independent Living for People with Disabilities in Hackensack, NJ.) For additional information, call HIP at (201) 413-1200.

A Sporting Chance...continued

core principles: trustworthiness, respect, responsibility, fairness, caring and good citizenship. The highest potential of sports is achieved when competition reflects these 'six pillars of character'. I therefore agree:

1) I will not force my child to participate in sports, 2) I will remember that children participate to have fun and that the game is for youth, not adults, 3) I will inform the coach of any physical disability or ailment that may affect the safety of my child or the safety of others, 4) I will learn the rules of the game and the policies of the league, 5) I (and my guests), will be a positive role model for my child and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches, officials and spectators at every game, practice or other sporting event, 6) I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as booing and taunting; refusing to shake hands, or using profane language or gestures. 7) I will not encourage any behaviors or practices that would endanger the health and well-being of the athletes, 8) I will teach my child to play by the rules and to resolve conflicts without resorting to hostility or violence, 9) I will demand that my child treat other players, coaches, officials and spectators with respect regardless of race, creed, color, sex or ability, 10) I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game or his/her performance, 11) I will praise my child for competing fairly and trying hard, and make my child feel like a winner every time, 12) I will never ridicule or yell at my child or other participants for making a mistake or losing a competition, 13) I will emphasize skill development and practices and how they benefit my child over winning. I will also de-emphasize games and competition in the lower age groups, 14) I will promote the emotional and physical well-being of the athletes ahead of any personal desire I may have for my child to win, 15) I will respect the officials and their authority during games and will never question, discuss, or confront coaches at the game field, and will take time to speak with coaches at an agreed upon time and place, 16) I will demand a sports environment for my child that is free from drugs, tobacco, and alcohol, and I will refrain from their use at all sports events, and 17) I will refrain from coaching my child or other players during games and practices, unless I am one of the official coaches of the team. For additional information you may write to NYSSF at 333 Longwood Avenue, Suite 202, Boston MA 02115, or call (617) 227-1171, www.nyssf.org.



The World of Play...continued

ing with the rod for fish placed at varying distances. More elaborate fish can be made as an art project in which the child cuts out felt or fabric shapes and glues shower curtain magnets inside to combine fine motor skill development and cognitive challenges into the gross motor activity.

Most of the activities include cognitive aspects that can be adapted to suit the child's needs. Sorting, counting, identifying, planning, and discussing the activities can add the necessary challenges to help develop important thinking skills. The opportunities for fun are endless. (www.eparent.com/toys/)

Destress Yourself

Choose a workout routine that will help you shed your worries. If the way you work out is merely an extension of the way you work, a trip to the gym may reduce your physical stress, but have the exact opposite effect on your psychological stress. Choosing the wrong workout can actually cause an increase in the body's secretion of cortisol and other harmful stress hormones, essentially creating more of the same stress you were hoping to relieve, say experts. "The key to letting off steam while working up a sweat lies in picking the right type of exercise to counterbalance what you typically do all day long," says Steve Lischin, master trainer for World Gym in New York City and former nutrition consultant for both the New York Mets and New York Giants.

For example, while highly stressed executives and managers may believe that meditation is the best way to clear their minds; in fact it may be the worst thing. Too much silence only gives a frenzied mind the opportunity to run in circles while the body remains still.

Instead, power brokers could benefit most from at least 35 minutes of low-intensity exercise to balance things out: speed walking, light cycling, anything that increases the heart rate while offering enough visual distractions to occupy the mind for a while. If you are the right-hand person for an executive, you are doing your share of running around already. Stationary exercise machines, such as elliptical trainers and stair climbers, which let you stay put for a change, will give you a great workout without reminding you of the running around you do at work all day.

Desk bound worker bees need a challenge at the gym, since it is likely these types aren't getting much physical or psychological stimulation on the job. Weight lifting, team sports or exercise classes can add the sense of camaraderie and competition that may be lacking in their lives.

So who needs meditation: That is left to those who routinely engage in strenuous physical labor on the job. Without realizing it, these people are working out eight hours a day. Light stretching and yoga can provide relief from the physical stress of work, with the side benefit of keeping the muscles limber to increase flexibility and help prevent injuries on the job.

Those individuals who dwell on details all day should avoid workouts that require counting repetitions and sets. Instead of planning every exercise session, Wall Street types should just walk into the gym and do whatever moves them, says Lischin.

If you are in the business of dealing with the public, try finding a solo exercise such as mountain biking, running or inline skating, to allow you some time to clear your mind.

If you are confined to an office all day staring at a computer screen, you could probably benefit from a class, a training partner, or a team sport that allows you to interact with others.

By the same token, most competitive people would do well to avoid sport activities, aerobics classes or



Continued on page 6.

Speak with your life and not just your words.

- Thich Nhat Hanh

Free as the Wind

For information about sailing for people with disabilities, call US SAILING at (401) 683-0800, or visit the web site at www.ussailing.org.



On Being A Parent

The mission of the National Parent Network on Disabilities (NPND) is to provide a presence and national voice for ALL families of children, youth and adults with disabilities. NPND's primary activities include advocating for and supporting the development and implementation of legislation that will improve the lives and protect the rights of children, youth and adults with disabilities. It serves, supports and advocates for parents and families of individuals with disabilities in a manner that is responsive to the cultural values of ALL families. NPND is committed to advocating for the inclusion of individuals with disabilities and their families in all aspects of society.

For more information: NPND, 1130 17th Street, NW, Suite 400, Washington, DC 20036. Telephone number is (202) 463-2299; web site, <http://www.npnd.org>; e-mail: npnd@cs.net.

A Quantum Leap

Physlink is a website that provides online education and reference for physics and astronomy. Before you think that this is not your 'cup of tea,' check it out. It has features and community information, and a fun column. What could be better than learning in an entertainment mode? www.physlink.com is the net address.



Working at Art

The National Theatre Workshop of the Handicapped (NTWH) is a non-profit organization that offers scholarships for persons with physical disabilities to attend 2-week summer workshops in the arts. The Workshop is located in Belfast, near the Maine coast Penobscot Bay region.



There are Performing Arts and Chorale Workshops.



NTWH incorporates both academics and recreational outdoor/cultural activities. Also featured are kayaking, hiking, and visits to museums, galleries and local musical performances.



NTWH also offers a forum for dramatic literature on themes of disability, and maintains a professional repertory theatre company showcasing the talents of students in every form of theatre. Scholarships and travel expenses are provided to all students on an as needed basis. Ideal candidates are 18 years of age and older, interested in the arts, eager to learn, and who can live in a residential setting for ten days to two weeks.

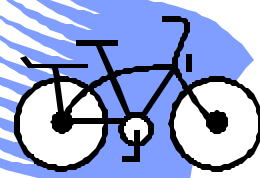


For more information, and to receive an application, please contact: Kevin T. Curtin, Dean, NTWH, PO Box 1138, Belfast, ME 04915, telephone (207) 338-6894, or e-mail at ntwherby@mint.net.



Take a Hike, Bike, Ride

Every first Saturday in June, over one million hikers, bikers, equestrians, and motorized trail users flock to their favorite trails to discover, learn about, and celebrate trails on National Trails Day. At over 3,000 events nationwide, National Trails Day hosts a variety of events including new trail dedications, workshops, educational exhibits, equestrian and mountain bike rides, boating, rollerblading, trail maintenance, and hikes on America's favorite trails.



America's hundreds of thousands of trail miles take us to exquisite forests, delicate alpine meadows, majestic desert monuments, and rumbling river valleys. Trails take us to work and school. They take us to good health and peace of mind.

Trails take us to backcountry wild places and bring us to quiet places in our hearts. They give us fresh air, get our hearts pumping, and get us away from it all.

The President's Commission on Americans Outdoors reports that 155 million people walk for pleasure, 93 million people bicycle, and 50 million people hike on trails. Ten million people ride horses on trails, five million backpack and 11 million ski on trails. Trails allow access to the natural world for study, photography, hunting, fishing, camping, relaxing or solitude.

When we support National Trails Day, and it's primary sponsor, the American Hiking Society, we can show that we recognize and respect what this country has to offer regarding recreational opportunities. The American Hiking Society is a recreation based conservation organization dedicated to establishing, protecting and maintaining America's foot trails.

For additional information contact your local hiking club or retailer, or contact the American Hiking society at (800) 972-8608 x 206 or (301) 565-6704, ext 206, or ntd@americanhiking.org.

Destress Yourself...continued

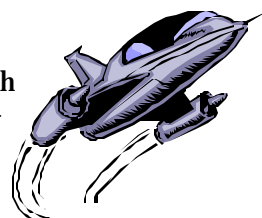
anything that places them in a situation in which they are comparing their performance with others.

On the flip side, people in creative positions may require structure in their workouts. While it is easy for a salesman to see how much business he has generated each day, artists, writers and performers regularly have to deal with not being able to measure their progress on the job. Charting their workout gains in a notebook and mapping out a fitness plan before they hit the health club can prevent the stress that comes with not being able to determine how they are progressing. The rule of thumb: To find your ideal workout, just examine the qualities of your work day, and go for the opposite when it comes time to work out.

Whatever you decide is right for you, be determined, stay focused, and go do it!

Skytrekkers

The London to Sydney Air Race, held from March 11th through April 7th featured eight U.S. teams competing with 42 others from all over the world. The three-woman Sky Trekkers team, including Priscilla Myers of Morristown, NJ flew 12,000 mile, 28 day race, making 28 stops in 17 countries. The race, previously held in 1919, 1934, and 1969, involved a wide range of planes from small single-engine craft to jets, including Cessnas, Mooneys, Pipers, Lancairs, a SkyArrow, a Citation jet, and even a helicopter. For race results, check the web at www.skytrekker.com.



Top Soccer

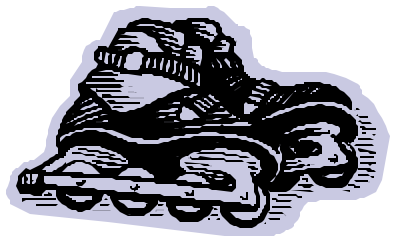
In 1998, Janice Winter Marks started Kentucky Youth Soccer's TOPS Program. TOPS stands for The Outreach Program Soccer, a U.S. Youth Soccer-sponsored project. It is a unified program in which talented young soccer players donate their time to help others less physically and emotionally fortunate learn to play the game. The age range of these volunteers spans the gamut from under six years old to the entire University of Louisville men's soccer team. They play together, outdoors, both fall and spring, practicing twice a week and playing on Saturdays. Some of the important points we have addressed and learned from are as follows. **Never Underestimate Any Child.** Upon meeting some of the kids who didn't speak or have more than a 15 second attention span, Ms. Marks had serious doubts about the expectations for the program. After three seasons, she had several team members executing throw-ins, corner kicks and free kicks. And those were the same nonverbal, hyperactive kids who overcame their disabilities to become contributing members of a team. **Players Rule.** Because of existing conditions, many kids must be dealt with on a one-to-one, or even two or three-on-one basis, and the program makes it happen without thinking twice about it. Because of some diagnoses, players take frequent breaks or move only at their own pace. Whatever it takes for a kid to succeed, it gets done. The program seeks to operate on the kid's level, instead of expecting them to rise to adult expectations. This way, the kids are guaranteed to have fun. **Never Overestimate Any Child.** If every child came into youth soccer with no parental expectations other than fun and socialization, think how many good players would not be burned out by age 13. **Every Kid is Your Kid.** If you are a youth soccer administrator, coach, ref or team parent, it is up to you to find a way to include every child who wants to play. Generally parents of kids with special needs are extraordinarily busy, and have extraordinary financial burdens. We have to make it happen for them. Bend the rules or change them to be sure they are inclusive, including a scholarship for anyone who can't afford it. **Every Child Has Special Needs.** The right team at the right time can affect the rest of a child's life. The main need now is coaching education. There are many willing volunteers, but they often feel intimidated by their own ignorance, afraid that they will hurt someone or let someone get hurt.

The best part of a unified program, according to Ms. Marks, is watching the more typical buddies use their own game skills to formulate ways to teach the other kids. They love thinking up games that reach the smallest increment of skill and watching their teammates learn to succeed. They thrive on the responsibility of being depended upon and they grow from realizing what a gift it is when your mind and body work together correctly. (Excerpted from Soccer New Jersey, February 2001)



If a child hasn't learned something, we never assume it's because he can't, it's that we haven't found a way to teach him yet.

- Dr. Patricia J. Krantz, Educator



Gear Up

Since its introduction in 1980, inline skating has become one of the fastest growing recreational sports for children and teenagers in the United States. An estimated 17.7 million people younger than 18 years participated in this sport in 1996, a 24% increase over the previous year.

In line The International Inline skating Association (IISA) is a non-profit organization whose purpose is to promote inline skating as a recreational activity, a form of transportation, a health and fitness training activity, and a competitive sport; to develop inline safety and education programs; and to protect the right-to-skate and expand public skate ways. It was founded in 1991 by a group of manufacturers, retailers, and skaters who chose to be proactive about enhancing the future of the sport. Since then, the IISA has developed effective educational programs, promoted safe skating, and protected and expanded access to public skate ways across the country. In 1995, the Consumer Product Safety Commission (CPSA) Chairperson Ann Brown awarded the first ever Chairman's Safety Award to a non-profit association. This was presented in recognition of the IISA's commitment to safety, and for programs pursuant to the cause of safety. Some of IISA's programs include the Gear Up! Program, the Instructor Certification Program, and the National Skate Patrol. For additional information, check out the web site at www.iils.org/gug.whatis1.html.

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The universe is full of magical things, patiently waiting for our wits to grow sharper. - Eden Phillpotts



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Published By:
New Jersey
Department of Community Affairs
Office of Recreation
PO Box 806
Trenton, NJ 08625-0806

Editor:
Drue Kale
Desktop Publishing:
Melissa R. Young

Check Out the Office of
Recreation on the internet:
<http://www.state.nj.us/dca/newsltrs.htm>

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Department of Community Affairs
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